

Sex and Relationships Education

PSHE Programme of study	Year 4	
<p>Core theme:</p> <p>Health & Wellbeing</p> <ul style="list-style-type: none"> • How their body will, and emotions may, change as they approach and move through puberty. • To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. <p>Science attainment target;</p> <ul style="list-style-type: none"> • Describe the changes as humans develop to old age 	Learning objectives	Lesson Title
	<ul style="list-style-type: none"> • To explore the human life cycle <p>Learning outcome</p> <ul style="list-style-type: none"> • Describe the main stages of the human life cycle • Describe the body changes that happen when a child grows up 	<p>Growing and changing</p>
	<ul style="list-style-type: none"> • To identify some basic facts about puberty <p>Learning outcome</p> <ul style="list-style-type: none"> • Discuss male and female body parts using agreed words • Know some of the changes which happen to the body during puberty 	<p>What is puberty?</p>